

Tactical Athletes, their profile, their injuries and their recovery

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Tactical Athletes, their profile, their injuries and their recovery

By Dr Rob Orr

Bond University / TSAC-A



Tactical Athletes vs Athletes



**The Physiology is
the same**

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



Tactical Athletes vs Athletes



**Dress and Environment are
different**

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



Tactical Athletes vs Athletes



Every day is game day...
recovery can be a luxury



EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



Tactical Athletes vs Athletes



**Rules and
Regulations**

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



Tactical Athletes vs Athletes



**The
cost of
loss**

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Injuries in the ADF



Source: Department Media

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Sites of Injury – ADF

Location Group	Casualties	%
Lower limbs	1586	31.5
Upper limbs	1095	21.7
Trunk (includes back)	745	14.8
Head	574	11.4
Unspecified locations	414	8.2
Systemic locations	249	4.9
Multiple locations	237	4.7
Neck	115	2.3
Psychological system	23	0.5

Source: Department of Defence, 2000, *ADF Health Status Report*, Defence Publishing Service, ACT

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



Activity when Injured – ADF

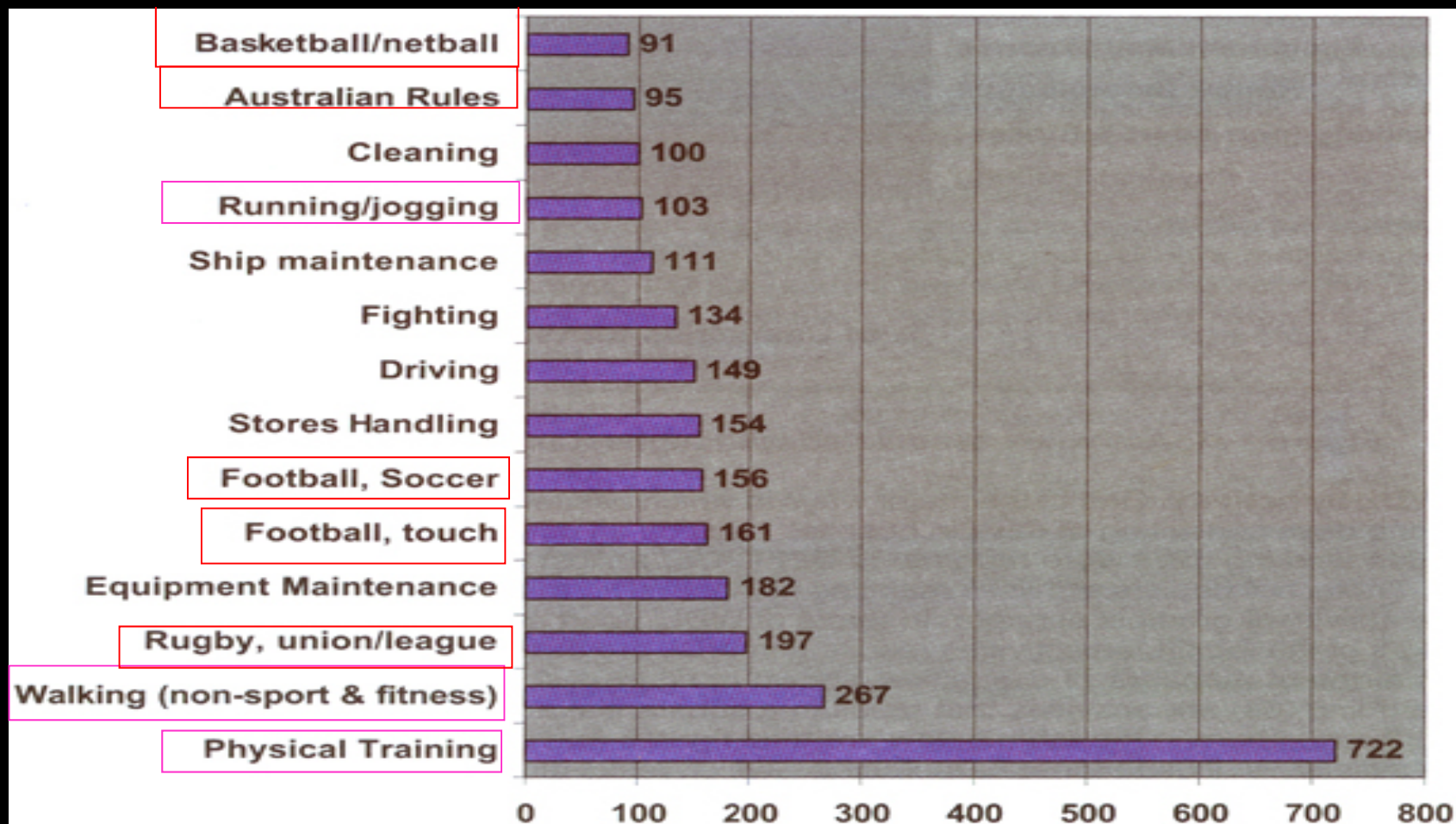
Physical training is linked to the highest number of working days lost, hospital admissions, sick and light duties days. Sporting injuries are another significant factor.

Senate Committee Hansard 17 Aug 2004



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Activity when Injured – ADF



Source: Department of Defence, 2000, *ADF Health Status Report*, Defence Publishing Service, ACT

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Injuries in the Police Force

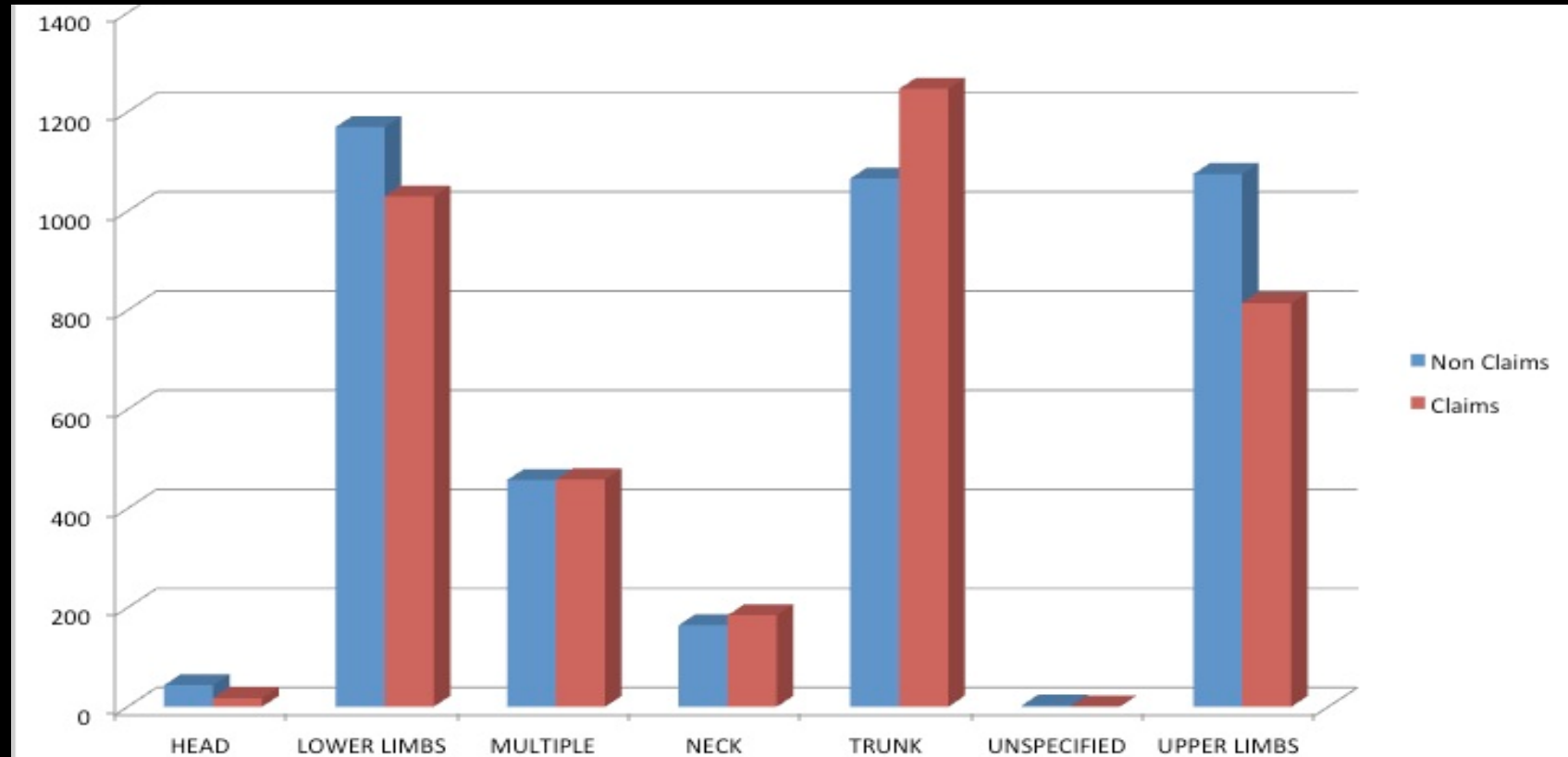


EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Injuries to Police officers (Jul 09-Jun 12)



Orr R.M. & Stierli, M. (2013). Injuries Common to Tactical Personnel (A Multidisciplinary Review). Session presented at the *Australian Strength and Conditioning / Tactical Strength and Conditioning Conference*. 08-10 November, 2013. Melbourne: Australia.

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Reconditioning Challenges

- Zero to hero: Light duties may not be an option
- Recovery time may mean no work
- Multifaceted roles
- Mental mindset
 - Used to working in demanding situations
 - Pressure from group



EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

Take Home Message

- Can suffer similar injuries (esp. sporting ones)
- Lower limbs, Upper limbs / Back
- Early initial treatment is important as recovery is more complex



EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN



TACTICAL STRENGTH & CONDITIONING AUSTRALIA

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